

## Hospice Memorials (continued)

**Alan Smith**

Johanna Glasgow

Nate Salisbury

Marion Goodmen

Doris Moser

Clifton R. Gooding

Paul and Alice Bullard

Doris Varga

**Betty Roach**

Dorothy Holden

Jean Hardison

Holly Minnifield

**Charles Faulkenberry**

Laughton's Garage

Doris Green

Laura Capshaw

James Garner

Linda Gaskins

Judy Buchanan

Patrick Dill, NBGCC Board

Deborah Peterson

Teddie Hartsell, Gray Ladies  
And Lads

**Evelyn Harrell**

Beverly Smith

Lynn Maletzky

**Garnetta Gent**

Georgia Dickinson

**John T. Butler**

Patricia Morgan

**Donation to Hospice**

Alton R. Lamm, Jr

Linda Swindell

Kenton Cleary

Bath Concepts

Kathryn Barton

Grace A. Gumbrecht

Paula Quinn

**Cotton Funeral Home**

**Gospel Sing**

Lila Cotton

James Terry Carter

Sharon Moore

Chris Riesbeck

Amy Jones

Yvonne Burroughs

Cotton Funeral Home

Bakers Kitchen

Tryon 66, Inc

Liberty Carpets, Inc.

Alice Quidley

**In-Patient Home Donation**

Corinne Barwick

**Dorothy Spence**

Sharon Warren

Mary Birchler

**Hyman Glenn Tripp**

Mary M. Tripp

**Jerry Rose**

Martha Marble

**Geraldine Kilpatrick**

Evelyn Dill

Robert Glover

Margaret Horne

Carol Erwin

Cecil Harrison, Jr

Dr. W.J. Ric Vandett

Sandra Goetz

Eva W. Rowe

**Stella Clark**

Paula Arrington

**Theresa Goodwin**

George and Patricia Kelly

**Robert Lee**

Opal Lee

**Helena Parr**

Chris Riesbeck

**Joe Wayne Whitford**

Anita Harrison

**Mary "Kathy" Libby**

Jenny Elzy

Cape Fear Basketweavers

Patricia Wilson

Laila Markowski

Coastal Weavers Guild

**Ruth Wodenshek**

Erin Gallagher-Brinskele

**Keith Bowen**

Tryon Electric Co.



# Hospice News

Volume XXXIII, Issue 3 Fall 2013  
Craven County Home Health-Hospice Agency

*Quality Service in Craven County for Over 30 Years*

## Mindful Moments

Stress is a part of life. It is a natural response to the pressures of the world around you. It is the modern outcome of your brain's ancient fight-or-flight answer to the threats of the world, your brain's way of protecting you. The adrenaline rush that once helped you get out of harm's way was designed to last a few minutes, not the weeks and months that happen in today's world.

The key to living a healthier, happier life is not to eliminate stress altogether, but to learn how to manage it so that it doesn't make your life unbearable. Traditional practices like yoga and meditation may help reduce stress, but the real answer to living your life with a healthy sense of calm is bringing calm into your everyday life.

Living mindfully allows us to be more fully present in our lives with a greater sense of peace, ease, and happiness. When we're living mindfully, we become willing to turn toward our experience as it unfolds with an attitude of acceptance, interest, and compassion. With continued practice, we begin to cultivate the ability to be present to whatever arises. In moments of difficulty and moments of joy, we discover a sense of refuge in the rhythmic coming and going of our own breath, the rise and fall of sounds, the creation of a piece of art, or the changing light in a twilight sky.

*To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear. –Buddha*

The health of our mind is determined in large part by the health of our body. We can improve the health of our body through implementing the basics of self-care—getting adequate sleep, eating well, moving our body, maintaining adequate water intake, and reducing stress. Let go of the striving for perfection, the judgment, and the critical thoughts that are directed inward. What is called for is mindful self-care, delivered with love and compassion. Commit to begin one new habit of self-care to support your body's well-being at a time.

*As soon as you trust yourself, you will know how to live. –Johann Wolfgang von Goethe*

Mindfulness is about being, but it's also about using our inner wisdom to decide who we want to be in the world and what we need to do in order to be that person. If we want to begin to live to our full potential, we must become willing to face and deal with what is holding us back and to live with the uncertainty, anxiety, and joy that accompanies remembering and being who we wanted to be in the world. It takes courage, tenacity, and unwavering commitment. Mindfulness requires being willing to let go of what or who doesn't support our growth. But the rewards of living in a way that is true to our heart's intention are immeasurable.

Excerpts from Everyday Mindful

Jen Johnson, MS, MFA, LPC, CRC

[www.everydaymindful.com](http://www.everydaymindful.com)

Jen Johnson is a counselor, coach, and speaker who teaches people to make sustainable life changes that support wellness, happiness, and success.



Craven County

Health Department

Home Health Hospice Agency

PO Drawer 12610

2818 Neuse Blvd

New Bern, NC 28561



Hospice is a coordinated palliative and supportive care (physical, psychological, social and spiritual) for dying persons and their families. Services are provided in the home by an interdisciplinary team of professionals and volunteers. Bereavement care is available to the family.



## Beer-Cheese Spread

Serve this spicy beer-cheese [spread](#) with crackers for a tasty game-day appetizer, or spread on buttered bread and cook in a nonstick skillet for a twist on the traditional grilled cheese.

### Ingredients:

- |                                                |                                            |
|------------------------------------------------|--------------------------------------------|
| 1 (2-lb.) block sharp Cheddar cheese, shredded | 1/4 teaspoon ground red pepper             |
| 1 small onion, minced                          | 1 (12-oz.) bottle dark beer, at room temp. |
| 2 garlic cloves, minced                        | Salt and pepper to taste                   |
| 1/2 teaspoon hot sauce                         | Garnish: thyme sprig                       |

### Directions:

Beat together first 5 ingredients at low speed with a heavy-duty electric stand mixer until blended. Gradually add beer, beating until blended after each addition. Beat at medium-high speed 1 minute or until blended and creamy. Season with salt and pepper to taste. Cover and chill 2 hours. Store in an airtight container in refrigerator up to 2 weeks.

Note: This recipe makes a lot, but it can be frozen for up to a month. It fits perfectly into 4 (10-oz.) ramekins. Try it over French fries, hot dogs, and chili too.



Craven County Hospice would like to print a Hospice Recipe Cookbook that everyone could enjoy. If interested in sending in your recipe, please mail to: Craven County Home Health-Hospice, PO Drawer 12610, New Bern, NC 28561 or e-mail your recipe along with a picture to: [jwhitley@cravencountync.gov](mailto:jwhitley@cravencountync.gov)

## Did you know?

- Hospice is not a place but a special kind of care focusing on relief of pain, symptom control, and spiritual and emotional support.
- Hospice is not about “giving up” but instead focuses on life quality, making the wishes of the patient and family caregivers a priority.
- Most people wish to remain at home during a life-limiting illness. Hospice care can make that possible.
- Hospice is encouraged months before the last days of a person’s life. An early referral to hospice care ensures that patients and families can take advantage of the many benefits hospice care offers.
- Hospice volunteers provide respite for caregivers, emotional support and friendship for patients and family members, and assistance with errands.
- Bereavement support is available to hospice families for thirteen months after the death of their loved one.
- Studies have shown that patients who had hospice care lived an average of one month longer than similar patients who did not have hospice care.
- For every one hospice patient, two more could benefit from hospice services.
- The most common statement made by hospice family members is, “We wish we had known about hospice sooner.”

**Hospice helps you make the most out of every minute.**

## Looking Forward...

We have a busy few months coming up. Please look for more information about:

- Hospice and Bear Hands are teaming up for a fundraiser in October.
- November is National Hospice and Home Care Month and we will be holding our annual Pig Pickin’ for the families of Hospice and staff.
- Getting Thru the Holidays Bereavement support seminar at the Library in November.
- Hospice Remembrance Memorial Service in December.

**Please call the Hospice Office at 636-4930 for information on all of these events.**



On August 22nd Cotton Funeral Home held a Gospel Sing Fundraiser to benefit Craven County Hospice and presented a check for \$1257.00. Mr. Jordan Foss was instrumental in getting the renowned *Anchormen* to come to New Bern and give an hour long show of inspirational and uplifting gospel music. Since their formation in 1979, The *Anchormen* have become one of the most requested quartets in gospel music and they continue to receive national recognition through their music, which is consistently in the top 40 gospel music charts. Several local church choirs

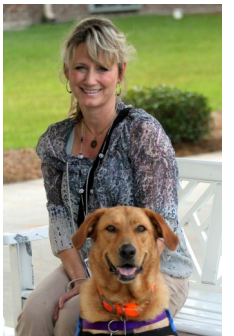
and bands also performed - Oaks Road Pentecostal Holiness Church Singers, Pastor David Harris and the Neuse River Baptist Singers, Pastor Kent Cooley of Grace Church and Pastor Jesse Pittman. Craven County Hospice is fortunate to have the support of so many generous and talented people and we thank Cotton Funeral Home for hosting this benefit.



## New Volunteers

Volunteer training took place September 4th and 5th at the Craven County Home Health-Hospice Board Room. Six very interested and enthusiastic volunteers learned about the history and philosophy of hospice, death and the dying process, who pays for hospice and a variety of other topics pertinent to volunteering with Craven County Hospice. This training was presented by Volunteer Coordinator Joan Whitley along with Social Worker Ashley Williams, and Chaplain Angel Lorton. Dr. Sidney Barnwell, Medical Director welcomed everyone and spoke briefly on volunteering. Hospice Supervisor Anne Bane and Medical Director Dr. Robert Fisher also spoke with the group. We welcome Elaine Richardson, Carolyn Williams, Helen Parker, Vera Lindley, Brenda Meadows and Nancy Azzole.

We would also like to welcome Rose Marie Miller and Bella Moose. Rose Marie was able to participate in the online training and come in to the office after hours to complete her training with Craven County last month. Bella Moose, completed her Love on a Leash training in July and will be working weekends visiting with our patients with Pet Therapy. Thank you all for volunteering with Hospice.



## Hospice Memorials and Donations

When you make a memorial gift or donation to CCHD Hospice you are ultimately helping patients and families receive compassionate care when they need it most. These donations go towards supplies, medications and medical equipment that are not otherwise covered. Thank you for choosing Craven County Health Department Home Health-Hospice. Please make the check payable to **CCHD- Foundation**. And mail to:

Craven County Health Department Home Health-Hospice

PO Drawer 12610

New Bern, NC 28561

*Mildred Williams*

*New Bern Craven Co. RSP*

*Roger Mallard*

*Aylene Pollock*

*Karen Reed*

*Doris Varga*

*Joyce Gajkowski*

*Patricia J. Kruger*

*Suzanne Nardoizzi*

*Richard & Marsha*

*Pinkham*

*Maggy Costandy*

*Jan C. Lienau*

*Sharon Quigley*

*Kenneth Phares*

*Tony Mitchum*

*Robert Clark*

*Robert Rose*

*Charles Pace*

*Malcolm Chitty*

*Mary H. Gooding*

*Deborah Josey*

*Martin R. Carter*